

# Fast Food Challenge

Essential Question: How can fast food be a healthy choice?

DIRECTIONS: Using your knowledge of healthy eating choices and online or in-class resources, complete the following questions. You must use the assigned restaurant to complete this assignment.

You get to eat all your meals at\_\_\_\_\_.

Here is the challenge:

- Plan 3 meals (breakfast, lunch and dinner) that will give you appropriate servings from the food pyramid.
- Consume no more than 2000 calories a day.
- Limit your intake of fat to 65 grams or less.
- Limit your intake of sodium to 2400 milligrams or less.
- Limit your intake of cholesterol to 300 milligrams or less.

1. Record these meals in the attached food logs along with your estimated servings from the food pyramid.

2. Answer the following questions:

a. Were there any foods that because of calorie or fat content could not be included in a balanced diet? Explain your answer.

b. How realistic is it that you would order the foods you listed in your balanced diet food log? Explain your answer.

Now, complete the second food log with a typical fast food meal for breakfast, lunch and dinner. You may use a different restaurant if you like.

# Fast Food Challenge

Food	Serving Size	Calories	Mg. Sodium	Gm Fat	Mg Cholesterol
Breakfast					
Totals					
Lunch					
Totals					
Dinner					
Totals					

Pyramid total servings:

Bread, Grain, and Cereal\_\_\_\_\_

Fruits\_\_\_\_\_

Vegetables\_\_\_\_\_

Milk and Dairy\_\_\_\_\_

Meat, Fish and Poultry\_\_\_\_\_

Fat and Sugar\_\_\_\_\_